

Namaste,

The first email I read each morning is Word for the Day from [www.gratefulness.org](http://www.gratefulness.org). This one from Friedrich Nietzsche has continued to ring through my being like a deep and resonant bell for the last few days: *One must have chaos in oneself in order to give birth to a dancing star.*

We don't have to look far to become aware of tremendous in the larger world, or in our own local world, in the lives of people we know, as well as in our own lives. We may feel like chaos incarnate, at times, and this is pretty common right now as we are at this pivotal time in the shift of human consciousness. The fact is that there is no creativity or creation at any level, no spiritual initiation, without a passage through chaos.

Chaos is the nature of the liminal space, the threshold between realities, the gateway from the old to the new life. It presents itself as we shift from a limited, fear-based consciousness into awakened consciousness that is free. Sometimes there is an outer event that demarcates this threshold—a loss, a boon, a life-changing experience that could be devastating or fabulous. Sometimes there is no obvious outer event, but we enter the chaos of the liminal on a very deep and intimate inner level of awareness within our own bodybeing. It may be hard to name or describe, but it feels really uncomfortable emotionally, physically, energetically, and usually evokes fear, anxiety, grief, resistance, or all of the above—at least until we have a way of being with it, meeting it fully. This part of our awakening passage is intense. It's a great gift if we have a holding vessel—a person, a group, a frame of reference for the mind to understand, but not control what is unfolding, and spiritual tools that work well (i.e. Samyama) to help us meet what is arising fully. What we resist persists.

Our the passage is lubricated with willingness to feel what is happening, to open our hearts to what is. In that, even if we can only open a tiny bit at a time, we come to realize that our hearts are so much more spacious and allowing than we ever imagined. We are capable of so much more than we thought. We cannot know how this passage through chaos is going to go, how long it will last, or what, if anything, will emerge from it. We cannot even know *who* will emerge, as these life-changing initiations take away old identities, false selves, personas that we may have thought were who we were. Chaos brings radical change. Embrace it and grow, grow or die. Chaos can become our friend, harbinger of new life, awakened consciousness. It may as well, as there is plenty of chaos happening.

It takes time, trust, and support to come to realize and to *trust* that chaos and its attendant fear and discomfort that we feel is going to give birth to a *dancing star*, a radiant being of ineffable love and unimaginability. Ask for what you need, pray, say wild things to the stars or the saints, like: "I'm willing; you arrange it." The grace of the holy, the Ma, the Universe, is always present and always responds to us out of unimaginable generosity. We need to ask and pay attention.

The new Always at the Beginning mp3 download is a tool for support through this chaos of awakening. It can help you handle the fear, anxiety, and grief, as it opens you to deeper presence with your own heart and, ultimately, to the stillness of the Great Heart.

May you recognize the peace within you and the Love that you are,  
Sheila